

# Lurocum

## COMPOSITION

Lurocum Tablet: Each film coated tablet contains Glucosamine HCl 500 mg, Chondroitin Sulphate 100 mg, Methyl Sulfonyl Methane (MSM) 500 mg, Vitamin D<sub>3</sub> 1000 IU, Curcumin (95%) 20 mg and Hyaluronic Acid 20 mg.

## DESCRIPTION

Lurocum tablet is a balanced combination of six leading natural supplements of healthy cartilage. Glucosamine is a naturally occurring amino sugar of cartilage, produced by the body and found in certain foods that provides the basic raw material needed by the body to manufacture joint cartilage. Chondroitin is another naturally occurring glycosaminoglycan found in connective tissue that stimulates cartilage production, inhibits cartilage destroying enzymes (Matrix metalloproteinase), draws fluid to the cells and helps lubricate the joints.

Methylsulfonylmethane (MSM) is an organic sulfur-containing compound that occurs naturally in a variety of fruits, vegetables, grains, and animals including humans. MSM has been proven to have anti-inflammatory and antioxidant mechanisms.

Curcumin is a highly pleiohopic molecule capable of interacting with numerous molecular targets involved in inflammation. Modulation of the inflammatory response by curcumin is carried out by down-regulating the activity of cyclooxygenase-2 (COX-2), lipoxxygenase and inducible nitric oxide synthase (iNOS) enzymes; also by inhibiting the production of the inflammatory cytokines tumor necrosis factor-alpha (TNF- $\alpha$ ), interleukin (IL).

Hyaluronic Acid is a natural organic compound synthesized by fibroblasts, helps to maintain the structural and functional characteristics of tissues. It helps to prevent pain and injury from bones.

Vitamin D<sub>3</sub> helps to absorb calcium for maintaining healthy bones. It also reduces inflammation like arthritis.

## INDICATION AND USES

- Rejuvenate joint health
- Support healthy cartilage
- Promote proper bone health
- Treat bursitis, inflammation & stiffness related to osteoarthritis

## DOSAGE AND ADMINISTRATION

Orally 2 tablets daily after meal or as directed by the healthcare professional. Obese individuals may need higher doses, based on body weight.

## CONTRAINDICATION

Patients with a known hypersensitivity to Glucosamine, Chondroitin, Methylsulfonylmethane, Curcumin and Hyaluronic Acid.

## PRECAUTION AND WARNING

Diabetics are advised to monitor blood glucose levels regularly while taking Glucosamine. No special studies were formed in patients with renal and/or hepatic insufficiency.

**SIDE EFFECTS**

Arthocure Tablet is well tolerated in recommended dose.

**USE IN PREGNANCY AND LACTATION**

It should be taken with caution and medical advice during pregnancy and lactation.

**DRUG INTERACTIONS**

There have been no reports of significant drug interactions of Glucosamine with other medications.

**STORAGE**

Store in a cool and dry place, away from light & moisture, keep all medicines out of reach of children.

**PACKING**

Lurocum Tablet: Each box contains 3 x 10's Tablets in ALU-ALU pack.

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